

## CWSF 2005 - Vancouver, British Columbia



### Dana Huffman, Devon Huffman

#### The Darkness Effect

**Division:** Health Sciences

**Category:** Intermediate

**Region:** Sahtu

**City:** Norman Wells., NT, Norman Wells, NT

**School:** Mackenzie Mountain School

**Abstract:** This study attempted to find out if the darkness of northern winters affects the physical or mental well being of people who live there and to identify what can be done to help northern residents cope with the long winter darkness.